

CITY & HACKNEY CAMHS NEWSLETTER

**NOVEMBER/
DECEMBER 2022**

Welcome from our General Manager



I am excited for the launch of our first newsletter.

Our newsletter aim to improve engagement with staff members, our partners, voluntary sectors, children, young people & their families and in turn, boost the quality of patient care.

I would like to thank all our staff, service users and partners who have helped us to run and provide a quality service in City and Hackney CAMHS. We are aware that we have some areas that we need to continue focusing on to ensure that we continue to improve the experience of service users, carers and staff, i.e our waiting times, staff satisfaction. We continue to work hard as a service to improve and believe that by working collaboratively, we will make positive changes. I am delighted to share in the excitement of the team, in announcing the recent implementation of Hackney CAMHS Single Point of Access. We hope to reduce and remove barriers to anyone seeking mental health advice and support for young people and ensure all referral reaches the most appropriate service. Thank you to all our staff and CAMHS Alliance Partners who have all worked hard to make this process a success.



A big thank you to Caroline Piers, our Lead Nurse who has been administering the Flu Jab for all our staff. This has meant that many of our staff are protected from catching the flu which we all know can impact service delivery.

As we round up the year, I want to take up this opportunity to thank everyone for their hard work and continued commitment to the service.

I also want to encourage us all to take time to rest and look after ourselves. As the saying goes, “You can’t pour from an empty cup”. So, as we strive to take care of others, we must first take care of ourselves. Thank you all and keep safe.

**Ade Dosunmu
City and Hackney CAMHS General Manager
Adewunmi.dosunmu@nhs.net**



**CURRENT
PROJECT**

**East London CAMHS Crisis
Service is taking part in
national research trial**



Building the evidence base:

We're excited to be one of the sites across the UK taking part in the IVY trial. Although the advantages of having intensive intervention at home, school and in your local community seem obvious, this has not yet been proven in research. We want the results of this study to inform national policy and funding. Here's a summary of the trial, please do come and chat to me, Ruth Woolhouse, or any of us in the crisis team if you'd like to find out more:

Evaluation of Intensive Community Care Services for young people with psychiatric emergencies (IVY)

Approximately 10% of adolescents experience severe mental health disorders and over 4000 are admitted to hospital every year. We do not know what the best way to care for these adolescents is. The main aim of this study is to establish which of the two ways of providing care to youths aged 12 to 18 is better. One way, treatment as usual (TAU), involves usual care including admission to a psychiatric hospital. The other, Intensive Community Care Service (ICCS), provides treatment at home instead of hospital. ICCS teams quickly assess all young people being considered for admission, start home treatment with frequent visits and then connect youths and their families with other services if needed. 252 adolescents from England, Scotland and Wales will be randomised to one of the two ways of providing care. This means that they will have an equal chance of receiving TAU or ICCS. Six months after participants enter the study, the time it takes for young people to return or to start education, employment or training (EET) will be compared between the two groups. We will also compare the two groups in terms of their mental health, well-being, and service satisfaction. We will also collect information on all the health and social care services that these young people will have received so that we can compare how much their care cost. We will do a smaller study, to begin with. If we can recruit enough participants in the smaller study, we will then proceed to complete the full study with 252 participants. The full study should tell us what the best way to provide care to young people with severe mental health disorders is. We also will interview young people to understand their experience of receiving care and interview healthcare workers to understand their experience of delivering care.



New podcast available...



**'ADHD, A YOUNG
PERSON'S GUIDE'**



ACMH Podcasts

You can listen to this podcast directly on our website or on the following platforms; SoundCloud, iTunes, Spotify, CastBox, Deezer, Google Podcasts, Podcastaddict, JioSaavn, Listen notes, Radio Public, and Radio.com (not available in the EU).

Posted on 20 September 2022

The CAMHS Alliance in City and Hackney have launched the new Single Point of Access (SPA) to CAMHS on 1st November 2022. The new Single Point of Access will provide a simplified single route to CAMHS services, so that children, young people and families can be directed to the most appropriate service the first time, eliminating delays and referral to multiple services.

SPA will integrate the 3 NHS CAMHS services (First Steps, CAMHS Disability and Specialist CAMHS), with hopes to wider their scope in the future to include wider children and family services. The SPA has one phone number, one email address and one referral form for all referrals. The SPA team will also be able to provide advice to families seeking information about active referrals or recent discharge from services and to professionals wanting to discuss potential referrals.

**The Single Point of Access will be active Monday – Friday during office hours
9:00 – 17:00.**

**huh-tr.camhs-spa@nhs.net
020 7014 7079**

Get to know... **Anna Harrison**
**Occupational Therapist -
Neurodevelopmental Team**



What's your favourite food?

Ok, hang on, I know exactly what it is, it's a concoction I make every Saturday, it's a treat and a ritual I've been doing for over a year.

It's a open breakfast sandwich and the ingredients are what's special: it's foccaccio from my local bakery, toasted with home-made garlic butter (the garlic is from my local Korean store), smoked grilled bacon, fried egg in pesto (from my local Italian deli), parmesan and black pepper.

My Italian deli is so great, a treasure trove and not expensive prices. It's called Salvino's and they invited me to their 25th anniversary party!

What's your favourite film?

I love a strong female lead. Also I recently re-watched Howl's Moving Castle, I would recommend Studio Ghibli to anyone, they are beautifully made and really sweet and whimsical but not Disney-esque. I also love old movies such as Calamity Jane, Imitation of Life and Gentlemen Prefer Blondes

What do you want people to know about what you do?

Well, Occupational Therapy and CAMHS go together like my breakfast sandwich! Which is cheesy but true as the OT role is to problem-solve side by side with people and see them thrive. I take a role as a coach and an advocator and as a person who is learning about another's life. OT's have to be in the know with a person's real life: what is currently going on? what are the real life challenges? what is it like for you? And then starting with the smallest seed, like coming out and having a cup of tea. I love my OT work and I have very rarely met anyone who didn't have a good experience of working with an Occupational Therapist.

PARTICIPATION GROUP KICKS OFF!

In the October half term young people, parents and carers met up to find out about **PARTICIPATION!** which is where people using a service get to have a say in how it runs. We had some games, a lively discussion and some tasty pizza. After this we kicked off a monthly hub meeting where people can find out about and get involved with the exciting things we are doing to make improvements at CAMHS. Below is a summary of the feedback that was given by young people and parents' about their experience of CAMHS.

What is going well at CAMHS?

4 comments about...	Being listened to, heard and understood
3 comments about...	Participation
2 comments about...	Caring, good quality service
2 comments about...	Communication between clinician and yp/parent
1 comment about...	Easy location (John Scott Centre)



What is not going well?

5 comments about...	Waiting times
4 comments about...	Communication, systems, responsiveness
2 comments about...	Difficulty with having to repeat/not enough time to get to point
1 comments about...	Referral problems
1 comment about...	Blank physical environment



What would you like to improve?

5 comments about...	More opportunities, better information about opportunities
4 comments about...	Follow up, flexibility for check-ins and longer interventions
1 comment about...	Improved waiting times

If you'd like to join our Participation team of young people and parents/carers, we meet at the beginning of each month, email Rose at elft.ppgchcamhs@nhs.net for information

Next group is Thursday 1st December 2pm-3pm and Tuesday 6th December 5pm-6pm

If you are a member of staff with ideas for participation work or wishing to join the staff participation hub email Rose at elft.ppgchcamhs@nhs.net

If you are working in Hackney in a community/health capacity and wish to network/collaborate around participation email Rose at elft.ppgchcamhs@nhs.net

Contributions for the next newsletter happily received- news, information, groups, reviews, artwork all welcome!

Please email all contributions to elft.ppgchcamhs@nhs.net

CAMHS partnership...

Advantage Mentoring

ELFT has partnered with Arsenal in the Community to offer weekly one-hour mentoring for wellbeing and mental health sessions at the football stadium or a suitable place of your choosing. This is for young people between the ages of 14 - 21 (for up to 6 months). The mentors are based at the football club and have experience working with young people your age and talking about the kind of issues and worries that you might have.

They have mentors of different ages, genders and ethnicities who will be happy to listen to you. The mentors are mainly focused on building a good relationship with you and finding out what you would like to get out of the programme. You could also be referred on to other programmes offered by Arsenal in the Community.



Young people who have used the service have said:

"You can talk to your mentor as if they are your mate"

"I liked doing practical things and activities rather than just talking"

"It helped me to talk more about myself and tell people how I am feeling"

If you are interested for yourself or someone you know contact wendy.harris16@nhs.net or call 07464 900933.

CAMHS boxing group...

Learn new ways to manage your emotions

Further understand your feelings

Meet new people

Develop your fitness

Learn boxing skills

JOIN OUR

BOXING GROUP

12 WEEK PROGRAMME FOR 14-17 YEAR OLDS
WEEKLY SESSIONS
STARTING IN JANUARY 2023
(DATE/TIME/LOCATION TO BE CONFIRMED)

FOR MORE DETAILS SPEAK WITH YOUR CARE CO-ORDINATOR WITHIN CAMHS OR
CALL CAMHS ON 0203 222 5600 & ASK TO SPEAK WITH SAM HARRISON

New Hackney family service...

THE FAMILY COACH SERVICE

WORKING TOGETHER TO SUPPORT FAMILIES TO FEEL EMPOWERED AND MAKE POSITIVE CHANGES HAPPEN

WHO WE ARE

Hello!

We are Emily and Rachel, Family Coach's for Hackney!

We have a combined 20+ years experience working with children and families and are committed to empowering families to realise their potential through coaching.

We look forward to answering any questions you may have and working with you soon!

WHAT WE DO

We act as a connection between family home life, school and community.

We aim to provide coaching and mentoring opportunities:

- To support families to identify and talk about changes they would like to make and then find a way forward in their journey.
- To actively listen to families and identify possible workshop opportunities within communities.
- To provide a non-judgemental and confidential space for families.

WHAT IS COACHING?

Coaching is unlocking a person's potential to maximise their own performance through conversation, goal setting and taking action.

OUR SERVICES

1:1 or Family Coaching

Across the 6 sessions you will be empowered to work towards achieving self directed goals.

These can take place either online or in person. Available to any family living in Hackney

Parent Support Groups

A space for you and a small group of parents work towards a goal you'd like to achieve. We will celebrate successes and problem solve together. Available to any family that has a child attending a school in Hackney.

Drop in sessions

Email us to book a place for a 20 minute drop in session every Monday between 1-3pm.

These take place either online or in person at Hackney Education, 1 Reading Lane, E8 1GQ.

Here you can receive:

- Coaching
- Signposting
- Support

Available to any family that has a child attending a school in Hackney.

FAMILYCOACH@HACKNEY.GOV.UK

WHAT TO DO IF YOU WOULD LIKE SUPPORT

- Speak with your SENCO to be referred for 1:1 coaching and to find out where our support groups are.
- Email us directly if you have a questions, to book a drop in appointment or if you want to receive our newsletter.

WE LOOK FORWARD TO MEETING YOU

Working for every child

Hackney

BOOK REVIEW

Nature Matters

The Psychotherapy team have been talking and thinking more about climate and nature and how climate issues relate to mental health. Hilary Dawson, Child and

Adolescent Psychotherapist, recommends a paper by psychoanalyst Sally Weintraub as an interesting read. The writer analyses what she sees as the psychically unhealthy relationship to nature fostered in our current western consumer culture. She looks at how capitalism encourages us to identify with a superior and exploitative self, causing us to split off from and denigrate a feeling, and nature-loving self. In this mindstate we become blind to both our connectedness with nature and our grief and will to not destroy it. It is an extremely interesting paper and well worth a read, if you would like a copy please email elft.ppgchcamhs@nhs.net.



"Our love of nature develops as we ourselves develop. As children, we love nature spontaneously, naturally and fiercely, with our bodies, all our senses and with an engaging curiosity."

"When one feels a part of nature, one can more easily derive comfort from nature. This goes beyond aesthetic comfort and includes comfort from knowing one shares commonality in life and also a common fate with other forms of life."

"In a previous paper (Weintrobe 2010a) I discussed runaway consumer greed and its links with a state of mind of narcissistic entitlement, one that says, 'I am entitled to have and to be everything I crave as I am superior and special.' I looked at the way this has become an ordinary everyday kind of thinking in consumerist societies."

"I [have previously] argued that neoliberal capitalism relentlessly and indifferently appeals to people's wish to feel special and superior, and it does this centrally through encouraging identification with idealized groups and figures, often celebrities. The increased consumerism this is currently leading to, based on fossil fuels, is significantly driving global warming."

"When we become identified with a position of entitlement to exploit the other without concern or apparent cost, the result is a split self and a split in our inner landscapes."

All quotes: 'On the Love of Nature and on Human Nature, Restoring Split Internal Landscapes' by Sally Weintraub, 2021